

**PENGARUH *OBSTRUCTIVE SLEEP APNEA* TERHADAP
FUNGSI KOGNITIF DI RUMAH SAKIT ANGKATAN
LAUT DR. MINTOHARDJO PERIODE 2018**

ABSTRAK

EKO SATRIO BAHARI

Prevalensi *Obstructive sleep apnea* (OSA) di negara barat berkisar 5% namun sekitar 80% kasus masih belum terdiagnosis. Di Jakarta diketahui terdapat 5,9% pengemudi taksi mempunyai gejala OSA pada tahun 2013. Penelitian ini bertujuan untuk mengetahui pengaruh OSA terhadap fungsi kognitif di RS Angkatan Laut Dr. Mintohardjo Periode April-Mei 2018. Subjek penelitian ini adalah semua pasien OSA dewasa yang berobat jalan dan telah menjalani pengukuran *apnea-hypopnea index* (AHI) berjumlah 60 responden. Data derajat OSA (AHI) didapatkan dari rekam medis dan fungsi kognitif diukur menggunakan kuesioner MoCA-Ina. Responden pasien OSA didominasi dengan jenis kelamin laki-laki, berpendidikan tinggi, berusia rata-rata 43 tahun, dan bekerja sebagai pegawai swasta. Didapatkan OSA derajat berat sebanyak 25 responden (41,7%), sedang 23 responden (38,3%) dan ringan sebanyak 12 responden (20%). Hasil pengukuran fungsi kognitif didapatkan sebanyak 45 responden (75%) terganggu dan 15 responden (25%) tidak terganggu. Hasil uji *Chi Square* didapatkan ada hubungan antara derajat OSA dengan gangguan kognitif ($p=0.000$). Diperlukan upaya tenaga medis untuk selalu mengedukasi kepada pasien pentingnya mengetahui gejala OSA dan melakukan tatalaksana agar tidak terjadi penurunan fungsi kognitif yang semakin parah yang bersifat progresif.

Kata Kunci : *Apnea-Hypopnea Index* , Fungsi Kognitif, *Obstructive Sleep Apnea*

**THE EFFECT OF OBSTRUCTIVE SLEEP APNEA
TO COGNITIVE FUNCTIONS IN NAVY HOSPITAL
DR. MINTOHARDJO PERIOD 2018**

ABSTRACT

EKO SATRIO BAHARI

Obstructive sleep apnea (OSA) prevalence in western countries ranges from 5% but around 80% of cases are still undiagnosed. In Jakarta, there were 5.9% of taxi drivers found symptoms of OSA in 2013. This study aimed to determine the effect of obstructive sleep apnea on cognitive function in the Navy hospital Dr. Mintohardjo Period April-May 2018. The subjects of this study were all adult OSA patients who were outpatient and had undergone 60 apnea-hypopnea index (AHI) measurements. OSA degree data (AHI) obtained from medical records and cognitive functions were measured using the MoCA-Ina questionnaire. Respondents of OSA patients were dominated by male sex, highly educated, average age 43 years, and worked as private employees. Obtained OSA as many as 25 respondents (41.7%), moderate 23 respondents (38.3%) and mild as many as 12 respondents (20%). The results of the measurement of cognitive function were 45 respondents (75%) were disturbed and 15 respondents (25%) were not disturbed. The results of Chi Square test showed that there was a relationship between the degree of OSA and cognitive impairment ($p = 0.000$). The effort of medical personnel is needed to always educate patients on the importance of knowing the symptoms of OSA and to manage so that there is no progressive progression of cognitive impairment.

Keyword : *Apnea-Hypopnea Index , Cognitive Functions, Obstructive Sleep Apnea*